

**MARYLAND STATE ADVISORY COUNCIL ON PHYSICAL FITNESS**  
**DRAFT MEETING SUMMARY**  
**MAY 4, 2016**  
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**ATTENDANCE**

**Members Present in Person**

Yusef Battle  
Charles Chester  
James Dorf  
Lillian Greene-Chamberlain  
Deborah Grinnage-Pulley  
M. Arnita Hannon Christmon  
Surina Ann Jordan  
Tammy Ann Shelley  
Suzanne Stringer

**Members Present on Phone**

Ron Bowman  
Douglas Miller  
Michael Shaw

**Members Absent**

Nathanial Garland  
Rhonda Hearn-Stewart  
Larry Hughes (Excused)  
Lee Meizlesh (Excused)  
Geoffrey Nordberg (Excused)  
April Quigley  
Beatrice Rice  
Tom Russell (Excused)

**GUESTS PRESENT**

- Janice Armstrong (virtual)
- Hans Ruppentha (virtual)
- Evelyn Logan
- Mindy North, Jin Shin Jyutsu
- Marc Wolensky, Funny Bird Wellness Coaching

**DHMH**

- Meghan Ames, Council Staff Coordinator
- Erin Penniston

**WELCOME AND INTRODUCTIONS**

- The meeting was called to order at 4:32 PM
- Attendees in the room and on the phone introduced themselves.
- February Meeting Minutes were circulated and approved.

**ADMINISTRATIVE UPDATES**

Council Vacancies and Reappointments – *Meghan Ames*

- There are currently four vacancies
- Three individuals have been sent to the Governor's Office on Appointments and Executive Nominations
- All four Council members who have terms that expire in June of 2016 have been submitted to the Governor's office to be reappointed

Biannual Report – *Meghan Ames*

- Meghan Ames distributed a draft Biannual Report
- The report is shorter than it has been in past years; content is identical with the exception that the report does not include meeting minutes, which can still be found on the Council website
- Members are asked to review the report and send any revisions to Meghan Ames by Friday, May 13, 2016.

Fitness Council Gear – *James Dorf*

- Any final gear orders need to be placed with Meghan Ames by Friday, May 13, 2016.
- James Dorf will order and pay for the gear; checks for individual gear purchases should be made out to James Dorf

## **COLLABORATION WITH LOCAL/NATIONAL COUNCILS/COALITIONS**

### America Walks – Suzanne Stringer

- Connect the Dots Regional Town Hall, Meghan Ames
  - Thursday, May 26<sup>th</sup>, 2:00-2:30pm
  - The Every Body Walk! Collaborative, in partnership with the Region III, Office of the Regional Health Administrator in the US Department of Health and Human Services, is excited to host an electronic town hall meeting for advocates and organizations on Thursday May 26th at 1pm Eastern.
  - The Walking and Walkable Communities Town Hall will give participants the opportunity to connect and learn how others are answering Step it Up! The Surgeon General's Call to Action to Promote Walking and Walkable Communities. Our goal is to create a tailored and coordinated regional response to this historic Call to Action by empowering regional partners through a collaborative learning network.
  - Register [here](#)
- Full Collaborative Meeting
  - Thursday, May 26, 3-4pm
  - Suzanne will attend

### National Coalition for Promoting Physical Activity – Suzanne Stringer

- Planning is underway for the next edition of the Physical Activity Guidelines to be released in 2018.
- Diabetes Prevention Model supported by the Affordable Care Act being the 1st prevention program eligible for the Medicare program.

### Exercise is Medicine – Suzanne Stringer

- May is Exercise is Medicine month bringing awareness of the issue of physical inactivity by focusing on the role of health care providers and how they can impact their patients' physical activity levels
- EIM is managed by ACSM and tool kits and posts are available to share on social media.
- July 25 is next in-person meeting; Suzanne plans to attend

### National Physical Activity Plan – Meghan Ames

- Released on 4/20
- 2 new sectors have been added to the plan: Faith based settings and Sport
- Overarching priorities:
  - PA Plans need to be stand-alone documents across the country
  - National PA campaign to inform how to approach adoption of a PA lifestyle
  - Establishment of a more robust surveillance system
  - Not just for person-level evaluation, but monitoring how we're doing establishing initiatives
  - Greater investments
- [The National Physical Activity Plan: A Call to Action from the American Heart Association](#) identifies summary of priority strategies for implementation of the NPAP

### Let's Move Anne Arundel – Suzanne Stringer

- A survey has been sent to key people to capture the overall picture of the county
- Anne Arundel County Public School System invited Suzanne to join their wellness group

## **COMMITTEE UPDATES**

## Special Events – Ron Bowman

### A. Bay Bridge Run – Ron Bowman

- i. Site is up, but no wheelchair registrations have been submitted yet (although Ron has received inquiries)
- ii. Question about handcart wheelchairs (not allowed due to safety concerns)
- iii. Ron will coordinated with Disabled Sports USA, Wounded Warriors, and Special Ops Warfare Foundation
- iv. Working with DOT to get a walking division
- v. Ron will follow-up with Annapolis Green to inquire if they want to sponsor the cupless race again

### B. Senior Expo – James Dorf

- i. James represented the Council at Bmore Healthy Expo
- ii. Meeting with Debbie Orlove (coordinator of Baltimore County Department of Aging Senior Expo) to try to get a table for that event
- iii. When planning tabling events, we are asked to consider what the purpose of the table is and the “ask” of those who stop by

## Education & Awareness – Suzanne Stringer

### A. Walk Maryland Day – Meghan Ames

- iv. Organized a Walk Maryland Day Planning Committee
  1. Maryland Advisory Council on Physical Fitness (Charles)
  2. Maryland Advisory Council on Heart Disease and Stroke (Surina Jordan)
  3. Maryland Advisory Council on Arthritis and Related Conditions (Rebecca Manno and Lauren Yankolonis from the Arthritis Foundation)
  4. MSDE (Debbie Grinnage-Pulley)
  5. University of Maryland Extension
  6. MD Dept. of Aging
  7. Health Freedom, Inc.
- v. Requesting representatives from MDOT, MBPAC, and Planning
- vi. First meeting is May 18

### B. Speakers Bureau – Suzanne Stringer

- a. No updates at this time

### C. Communications – Michael Shaw

- i. Suzanne noted that several groups have asked for support in sharing their messages on social media; groups include PHIT America; President’s Council – Youth Fitness Program; CDC; Step It Up!

### D. Celebrity Involvement – Yusef Battle

- a. Yusef is working on interview that will go to print and has conducted a partial interview with Adriene Dantly.
- b. It was recommended that Yusef reach out to Under Armour celebrities (such as Sloan Stephens)

## Awards – April Quigley and Arnita Hannon Christmon

- A. Awards Committee Call was held on 4/28
- B. 3 nominations have been received

- i. All were group
  - ii. Two were for youth and one was for older adults
- C. Council members are asked to
  - i. Follow up with organizations/individuals with whom you've been in touch and encourage them to submit a nomination (circulate Awards Promotional Outreach)
  - ii. Send the press release to local media (circulate press release)
- D. Three scenarios
  - i. If we get at least 9 nominations, we will ask the Governor to participate and to hold it in Annapolis or perhaps at the Muncie Building in Baltimore
  - ii. If we receive fewer than 9 nominations or fewer than 3 in each category, we will ask the Secretary of Health to participate and we will hold it at the Towson University Field House
  - iii. If we receive fewer than 1 nomination per category, we will not have an event and will hand-deliver certificates to award recipients

#### Legislation – Charles Chester

- A. PHIT Act – Suzanne Stringer
  - i. PHIT Act now has 77 cosponsors in the House (44 Democrats, 33 Republicans) while the Senate version has 11 cosponsors ( 6 Republican, 5 Democrats)
  - ii. PHIT America feels the bill is poised to pass by the end of the year.
- B. [Vehicle Laws – Rules of the Road – Overtaking Another Vehicle](#) – Meghan Ames
  - i. Maryland's three-foot law has four confusing exceptions, one of which is to allow drivers to pass with less than three feet of clearance if the highway is too narrow for a driver to pass with three feet of clearance
  - ii. Question is, does this apply to yellow lines?
  - iii. Bill called to eliminate this exception
  - iv. Bill failed in the House

### **ANNOUNCEMENTS**

#### COMAR Regulations – Debbie Grinnage-Pulley

- COMAR regulations were registered on 4/15/16
- Comment period ends 5/16/16
- The changes are in .01 B (3) and in C - Omit [1- 6] and the new language for the standards is after 6 (1- 5 )
- See [National Standards as written by SHAPE America](#)

#### Snacks and Staples – Yusef Battle

- Program is piloting in Bethesda and Montgomery County Schools

Upcoming Meeting Dates: August 3, November 2

### **ADJOURNMENT**

The meeting was moved to adjourn at 5:53PM.